

Wellness on Water

Classes start with a short land lesson reviewing simple safety tips and practical information for success on the water. You will be supported and coached on how to enter and exit the board from the dock, how to paddle from various positions (including kneeling and sitting), how to paddle for power and speed, simple turns and how to return to your board from the water.

(Swimming is prohibited, but occasionally someone falls off the board, typically when they are feeling confident and trying more challenging skills).

Participants age 14 yrs. and younger must be accompanied by a registered adult. Participants are encouraged to bring a water bottle. Life jackets, paddles, and boards are provided.

**SUP Learn to Paddle
SUP for Parents and Kids
SUP Over 50
SUP Solstice Sunset Yoga
SUP Advanced Paddle
SUP Beginner Yoga**

**Griffy Lake Nature Preserve—Meet at boathouse.
\$20/in-city, \$25/non-city
Instructor: Tyler Ferguson**

For more information about these SUP classes or to register, visit bloomington.in.gov/griffylake

Women in Nature Gaining Skills (W.I.N.G.S.)

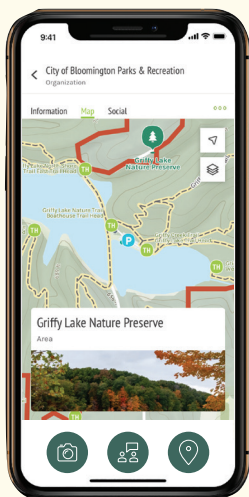
Women in Nature Gaining Skills (W.I.N.G.S.) encourages and empowers women through teaching skills needed to partake in outdoor recreation activities in south central Indiana. Each W.I.N.G.S. event features woman-led, hands-on training, with the goal of building a community of women interested in the outdoors. W.I.N.G.S. events take place the third Sunday of each month and are open to ages 16 yrs. and up. For more information on how to join, visit SCINWINGS on Facebook.



Roving Naturalist

Roving Naturalists are available for private natural resource programs. To schedule a visit with one of our Roving Naturalists, email rebecca.swift@bloomington.in.gov.

Discover new places, navigate scenic trails and make the most of your time by finding City of Bloomington Parks & Recreation on the OuterSpatial mobile app. Ready to begin your adventure?



OuterSpatial



**City of Bloomington
Parks & Recreation**

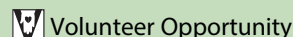


Nature and the Outdoors Summer 2023

Price is per person. Children under age 12 yrs. must be accompanied by a registered adult. Activities may be both inside and outside, so please dress for the weather.



For more information, contact Rebecca Swift at rebecca.swift@bloomington.in.gov or 812-349-3759 or. Register online at bloomington.in.gov/parks.



Griffy Lake Nature Preserve

Boathouse, 3400 N. Headley Rd.

Scenic woodlands teeming with wild flora and fauna surround the 109-acre Griffy Lake at this 1,220-acre nature preserve. Swimming is prohibited. The Indiana Department of Natural Resources has stocked the lake with bluegill, redear sunfish, largemouth bass, channel catfish, and crappie. Kayak, canoe, and stand up paddleboard rentals are available seasonally at Griffy Lake boathouse.

To protect wildlife and visitors, all dogs must remain leashed while in the preserve. Nearby Ferguson Dog Park (4300 N. Stone Mill Rd.) accommodates dogs off-leash. For more information, call 349-3700.

Griffy Lake Watercraft Rental Fees

Canoe/Kayak/SUP Rental

(Two-hour limit on holidays/weekends)\$9/hour

10-Rental Pass \$80

Available for purchase at the boathouse during regular business hours.

Groups (10+) wishing to make watercraft rental reservations Monday through Friday may do so by emailing Rebecca Swift at rebecca.swift@bloomington.in.gov. **Rented watercraft returned to the boathouse after closing are subject to a minimum \$20 late fee. A minimum \$50 replacement fee is charged for lost, stolen, or damaged rental items.**

Privately owned boat launch fees: \$90/season, \$9/day Boat motors are limited to electric trolling motors only.

Boathouse hours:

April and October: Saturday and Sunday only, 9 a.m.–6 p.m.

May–August: Daily, 8 a.m.–8 p.m.

September: Daily, 9 a.m.–6 p.m.

November–March: Closed

Boathouse phone: 349-3732

Boathouse email:

griffy.boathouse@bloomington.in.gov

Griffy Lake Trails: Trail guides are available at the Bloomington Parks and Recreation office and the Griffy Lake boathouse. Please respect this fragile environment by remaining on the marked trails. Mountain biking, horseback riding, and off-road vehicles are strictly prohibited.

AMENITIES: Seasonal restrooms and picnic tables next to boathouse

PARKING: Available by the boathouse

TRAILS: 10+ miles total, natural surface

Wetlands Trail .2 miles, **Nature Trail** .5 miles (loop),

Griffy Creek Trail 1.5 miles, **Hiking Trail** 1.7 miles (loop)

Lanam Trail .6 miles, **West North Shore Loop** 1 mile,

East North Shore Loop .5 miles

ACCESSIBILITY: Accessible .3 mile pathway along Griffy Lake includes five fishing access points and connects users to the north and south shore hiking trails. Accessible canoe and kayak launch fishing pier, and pathway along Griffy Lake.

Eco Outpost: Looking for a fun way to interact with the great outdoors? Visit the Eco Outpost to check out our display of natural objects like fossils, pine cones, seashells, and more. Borrow an Explorer Backpack and take a fun-filled trek through the woods or your own backyard. The Eco Outpost is open during boathouse hours.

bloomington.in.gov/griffylake

Herp Hike

Tag along on a hike through Griffy Lake Nature Preserve as we look at native species of amphibians and reptiles. From frogs, snakes, and salamanders learn all about how to find them and their role in the ecosystem. Come prepared for moderate hiking with drinking water and comfortable foot wear.

Instructor: Brandon Olson

F 6/2 • 6–8 p.m. • Register by 5/26 • 240005-A
\$5/in-city, \$6/non-city • For all ages

Griffy Lake Nature Preserve—Meet at boathouse.

Night Paddle

Experience an evening of peace and serenity on Griffy Lake during the full moon. Watercraft, paddles and life jackets are provided. Children age 14 yrs. and younger must be accompanied by a registered adult. Bring a flashlight to help you navigate back to your vehicle once you return to dry land.

Sa 6/3 • 9–10:30 p.m. • Register by 5/26 • 240002-B
M 7/3 • 9–10:30 p.m. • Register by 6/27 • 240002-C
Tu 8/1 • 9–10:30 p.m. • Register by 7/25 • 240002-D
W 8/30 • 8:30–10 p.m. • Register by 8/23 • 240002-E
F 9/29 • 7:30–9 p.m. • Register by 9/22 • 240002-F
Sa 10/28 • 7–8:30 p.m. • Register by 10/20 • 240002-G
\$12/in-city, \$15/non-city • For all ages.

Griffy Lake Nature Preserve—Meet at boathouse.

Intro to Wild Edible Plants

To the untrained eye, the plants around us may not seem like anything special, and some may even be considered invasive. Yet, once you know the benefits of these plants surrounding us, you will quickly discover that nature truly provides us with everything we need. Edible plants found in the forest can enhance your usual dishes, like mustard greens for your pasta or beautiful flowers for your salads. We will discuss safe practices and useful identification techniques while on a guided hike that will allow you to become more comfortable foraging on your own. Please wear comfortable shoes and bring a water bottle.

Instructor: Emily Gardner

Su 6/11 • noon–2 p.m. • Register by 5/30 • 240006-A
\$8/in-city, \$10/non-city • For ages 12 yrs. and up.
RCA Community Park—Meet at small shelter.

Sunset Paddle

Enjoy the view of Bloomington's sunset from Griffy Lake. Watercraft, paddles and life jackets are provided. Children age 14 yrs. and younger must be accompanied by a registered adult. Bring a flashlight to help you navigate back to your vehicle once you return to dry land.

Th 6/15 • 8:30–10 p.m. • Register by 6/8 • 240001-C
Th 7/13 • 8:30–10 p.m. • Register by 7/6 • 240001-D
Th 8/17 • 8–9:30 p.m. • Register by 8/10 • 240001-E
Th 9/14 • 7:30–9 p.m. • Register by 9/7 • 240001-F
Th 10/19 • 6:30–8 p.m. • Register by 10/12 • 240001-G
\$12/in-city, \$15/non-city • For all ages.
Griffy Lake Nature Preserve—Meet at boathouse.

Fossil Frenzy

What walked/crawled/swam where you are standing, millions of years ago? Join us in a hunt for the fossils of Indiana. Expect a short introduction on what to look for, followed by a half-mile hike to Griffy Creek to scour the fossil beds. Bring drinking water and wear comfortable, water-resistant footwear.

Instructor: Zach Ryan

Sa 6/24 • 5–7 p.m. • Register by 6/20 • 240007-A
\$5/in-city, \$7/non-city • For all ages.
Griffy Lake Nature Preserve—Meet at boathouse.

Get Outdoors Day



Get Outdoors Day is a free, open-house styled event where people can come to learn about local outdoor opportunities. Stop by to try a new outdoor activity or introduce your family to favorites like hiking, paddling, and birdwatching. Spend some time outside planning for your next outdoor adventure!

For updated information on Get Outdoors Day, visit the Parks and Recreation website and follow **City of Bloomington, IN - Parks and Recreation** on Facebook.

Share your photos on social media
using #GetOutdoorsDay2023!
Sa 6/10 • 10 a.m.–1 p.m. • FREE
Switchyard Park, Pavilion Lawn



HOOSIER
National
Forest

DIY Water Filtration

Everyone can benefit from learning how to make water safe for ingestion. There are many variables when it comes to finding safe drinking water in the back country. Waterborne pathogens such as bacteria, viruses, and protozoa are present in many outdoor water sources. Join a Naturalist to discuss some of the negative effects of ingesting untreated water, go on a short hike to find an appropriate water source, and then learn how to filter and treat the water via different purification/filtration techniques. Please wear comfortable shoes and be prepared to hike a mile around Leonard Springs Nature Park.

Instructor: Jake Wood

Sa 7/8 • 10 a.m.–noon • Register by 6/30 • 240009-A
\$8/in-city, \$10/non-city • For ages 10 yrs. and up w/parent
Leonard Springs Nature Park—Meet in parking lot.

Insect Black Lighting

Join us as we sit under the stars and watch insects come to our glowing canvas. As moths, beetles and more are attracted to the light, we will discuss the science behind black lighting and how to identify all the species that we can see. Please be advised that participants could be exposed to stinging insects such as bees

and wasps. Instructor: Brandon Olson

Sa 7/8 • 8–9:30 p.m. • Register by 6/30 • 240008-A
\$5/in-city, \$6/non-city • For all ages
Griffy Lake Nature Preserve—Meet at boathouse

Outdoor Art & Nature Crafts

Whether it's the colors of a sunset or the intricacy of a beetle's wing, it is easy to be inspired by your surroundings. During this program, you will have the opportunity to use locally foraged materials to create an art piece that you will be able to take home. All craft materials will be provided.

Instructor: Emily Gardner

Su 7/9 • noon–2 p.m. • Register by 7/4 • 240010-A
\$8/in-city, \$10/non-city • For all ages.
Winslow Woods Park—Meet at shelter.

Glow in Dark Paddle

Explore Griffy Lake under the stars with the added effect of glow sticks to illuminate your boats and paddle! Paddle on your own, or float alongside a naturalist to discuss local nocturnal wildlife.

Each participant must register. Prior canoe experience is recommended (even one time paddling is enough!). Watercraft, paddles and life jackets are provided. Children age 14 yrs. and younger must be accompanied by a registered adult. Bring a flashlight to help you navigate back to your vehicle once you return to dry land. Instructor: Zach Ryan

Sa 7/15 • 9:30–11 p.m. • Register by 7/7 • 240011-A
\$10/in-city, \$12/non-city • For ages 12 yrs. and up w/parent.
Griffy Lake Nature Preserve—Meet at boathouse

Full Moon Night Hike

Magic comes alive in the woods under the moonlight at night!

Join us for a night hike where we will rely on the light of the moon to guide us along the trails of scenic Leonard Springs Nature Park. Should the skies be clear, we will also have a beautiful view of a blanket of stars! Be prepared for moderate hiking. Instructor: Emily Gardner

W 8/30 • 8:30–10 p.m. • Register by 8/23 • 240012-A
\$5/in-city, \$6/non-city • For all ages.
Leonard Springs Nature Park—Meet in parking lot.

Weed Wrangles– Invasive Plant Awareness Days

January–December 2023 | Location and times vary

Our Weed Wrangles are weekly volunteer opportunities to learn about invasive plant species affecting Bloomington's greenspaces, why we care, how to properly remove and dispose of them and how to put that knowledge into action.

Duties: Help control invasive plant species in our urban greenspaces during weekly events. Enjoy spending time in nature learning from experts in the field while helping create healthier wildlife habitats.

Volunteer shift(s): times vary
Age of Volunteers: 16 yrs. and up
Number of Volunteers: Varies

To register, visit bloomington.in.gov/parksvol

